



OKTOOBAR ILLAA DISEEMBAR 2021

KORDHINTA MIRAHAA & KHUDAARTA

Waa kuwaan saddex arrimood oo loogu talagalay inaad ku ogaato:

- 1. Ilaa Diseembar 31, 2021,** ka qaybgalayaashu waxay heli doonaan **in badan \$\$\$ bil kasta** si ay u iibsadaan miro iyo khudaar cusub oo barafaysan. Faa'iidooyinka \$\$\$ waa:
 - » \$24 canug kasta (da'diisu tahay 1–5)
 - » \$43 ka qaybqaataha uurka leh ama aan naaska nuujineynin
 - » \$47 ka qaybgale kasta oo naasnuujinaayo
- 2.** Samee qorshe aad ku isticmaaleysid dhammaan mirahaaga iyo khudaartaada \$\$\$ bil kasta.

3. Waxaa halkaan yaalo fikrado kaa caawinaya inaad qorsheysato:

ADEEGSO CUNTADA WIC MARKA HORE!



Adeegso kaarkaaga Women, Infants and Children (WIC, Dumarka, Dhallaanka, iyo Carruurta) marka koobaad oo aad tagto diiwaanka, kahor intaadan isticmaalin gunnooyinka sida Supplemental Nutrition Assistance Program (SNAP, Barnaamijka Kaalmada Nafaqada Dheeraadka ah).



KA FAKAR KUWO LA QABOOJIYAYNA!

Haddii aad hayso booska qaboojiyaha, khudaarka iyo miraha la qaboojiyay waa cabitaan culus iyo darafyada fudud ee xiliga cuntada.



KA DHIG WAX FUDUD!

Dooro miraha iyo khudaarta horay loo jarjaray, ama caanaha iyo khudaarta horay loo baakadeeyay si aad ugu adeegsato cuntooyinka ama macmacaanka fudud.



GADO KUWA AAD UGU JECESHAHAY!

Ku buuxi baaquligaaga miraha miro xilliyeed, sida liin iyo cambaruud. Iibso inta badan kabsar-caleenta, dabocasaha, baradhada macaan, iyo barokooli.



HADDA KAYDSO!

Iibso miro iyo khudaar dheeraad ah oo muddo ooli kara, sida tufaaxda, kaaroodka, baradhada, basasha, iyo bacor jiilaalka.



Ilaha qaybaha cuntada
miraha iyo khudarada.

- ✓ **Saxankayga, Jikadayda** myplate.gov/myplate-kitchen
- ✓ **FoodHero.org**
- ✓ **Beer Samayso** fruitsandveggies.org/recipes/
- ✓ **Texas WIC** - bit.ly/TexasWIC

Sidoo kale fiiri
Ablikeeshinka
WICShopper, Pinterest,
ama ama waydii
WIC tilmaamo iyo
fikrado kale!



Fikradaha kaa caawinaya inaad qorshayso isticmaalka faa'iidooyinka mirahaaga iyo khudaartaada!

Asbuuca 1 aad



La qaboojiyay

12 oz. Beeriyyada la Iskudaray	\$3.50
16 oz oo khudaar iyo Miro ah	\$1.75

Fireesh

1-bawn oo barookooli ah	\$2.99
3 Tufaaxda Waawayn ee Fuji	\$1.75

Wadarta guud

\$9.99

Wadarta
guud \$44.75

Asbuuca 2 aad

Asbuuca 2 aad



La qaboojiyay

10 oz. oo sabuul macaan ah	\$2.00
12 oz. oo Canbe Jarjaran ah	\$2.99

Fireesh

6 oz. oo buluu Beeri cusub ah	\$3.99
1 Xirmo ansalaatada cagaaran ah	\$2.49

Wadarta guud

\$11.47

Asbuuca 3 aad



La qaboojiyay

12 oz. oo cabitaanka la qasay ah	\$2.99
10 oz. miro gaduud la jarjaray	\$2.99

Fireesh

8 oz. oo Koosto ah	\$1.99
16 oz. oo Jeexyada Kaaroodka ah	\$1.99

Wadarta guud

\$9.96

Asbuuca 4 aad



La qaboojiyay

16 oz. Misirta iyo Kaaroodka	\$1.75
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Fireesh

1 Bocor yar	\$2.50
12 oz. Qajaar jajabkiisa	\$3.50
5 bawn oo Baradhada Russet	\$2.99
1 Xirmo Basal Baar ah	\$1.99

Wadarta guud

\$12.73

(Ogsoonoow: Qiimayaasha liiska ku jira waxaa lagu saleeyay xayeysiinada dukaannada maxaliga ah waana keliya qiyaasaad.)

U sheeg saaxiibadaa WIC si ay u helaan miro iyo khudaar dheeraad ah, sidoo kale!

La wadaag qaababkaan fudud ee loola xariiri karo WIC:

- » Fariin qoraal erayga **WIC** ugu dir **96859**
- » Wac Help Me Grow WA Hotline **1-800-322-2588**
- » Booqo ParentHelp123's ResourceFinder oo aad ka helayso parenthelp123.org/resources/food-assistance-resources/the-wic-program

Hay'addaan waa adeeg bixiye ku shaqeeysa fursadaha loo siman yahay. **Washington WIC cidna ma takoorto.**

DOH 962-1005 October 2021 Somali Si aad dukumiintigaan oo qaab kale ah u dalbato, wac 1-800-841-1410. Macaamiisha dhagoolka ah ama kuwa maqlkoodu culus yahay, fadlan wac 711 (Washington Relay) ama iimeel udir WIC@doh.wa.gov.